



## How To Treat And Avoid Ringworm In Youngsters

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Posted by [HealthInfo](#) | Posted in [General Health](#) | Posted on 08-10-2010

It is very usual to see individuals facing infectious diseases. With medicinal development, treating an infection has been made simple and affordable. Today, it is very simple to find [Manhattan podiatry](#) or [Manhattan foot surgery](#) specialists if you have different foot allergies. However, even though medical progress is making it simple to treat infections, there is not much variation seen in the occurrence of the diseases. One such case is of ringworm even though doctors emphasize on keeping good hygiene, several children are observed to get this infection.

The signs of ringworm may differ according to the areas of infection. Ringworm on the scalp would begin with a small pimple that will become big with the passage of time. As it becomes bigger, it leaves behind hairless patches and makes the hair brittle which eventually breaks off. Yellow crusty scraps might also be observed and as for the ringworm, a round and prickly area develops on the body other than the head and feet and A ring might also show up and it may finish hair growth from the site.

Anybody and everybody can be infected by ringworm however, rising frequencies of children are showing the illness. The major cause of the disease is poor cleanliness and contact with any other infected individual or animal. Considering the truth that children tend to have much contact with other children at school, this infection may increase. Likewise, children may use several common items at school for example telephones, gym mats, or shower stalls that can lead to this disease.

Cure of ringworm largely, comprises of anti-fungal creams and anti-allergens. However, you should never consider self medication. Contact a doctor and follow his advice. It is better that you head to the doctor the moment you observe the primary signs. Do not take the illness lightly and contact a physician. If your child has ringworm, there are some things you need to be careful about:

- Take the child for frequent check-ups. The doctor might recommend the medicine for up to 4 weeks. Make sure you are careful about the daily dosage.
- Over-the-counter creams are ideal for scalp ringworm. Smear them on the infected area and wash your hands.
- Ask your doctor about a shampoo that will be least irritating to children's skin. Use this shampoo on the child's hair at least twice or thrice in 7 days. You might also think about using the over-the-counter creams with the shampoo.
- Notify the school teachers of the illness.
- Keep animals away from the child.
- Make sure you regularly clean the mutual-use objects in your living place.

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The simplest method to treat any illness is to avoid it. Many fungal infections can be avoided if you emphasize on good personal hygiene. Keep up good cleanliness habit and enjoy a healthy lifestyle.

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## Dental Health Recommendations By A San Diego Cosmetic Dentist

Posted by [HealthInfo](#) | [Detox Your Body](#) | [21](#) | Posted on 08-10-2010

You actually must have heard from your friends or relatives, or read somewhere, about the innovative dental approaches of a San Diego cosmetic dentist. A cosmetic dentist of San Diego, not only gives wholesome recovery from all varieties of dental complications, but also helps you to maintain it. Investing in a complete therapy for your teeth is wise. It is incredibly unwise to think that it is going to last an eternity. In order to make your dazzling smile last a long time, there are certain things that you have to do on regular basis.

The tips to keep your gums and also teeth healthy will be presented by your San Diego cosmetic dentist. For preserving superior oral hygiene following up with a dentist is crucial. Other tips are as follows:

#### Brushing:

The very first and also foremost step that your San Diego Cosmetic Dentist will inform you about, to safeguard your teeth from any kind of oral disease, is to brush your teeth twice a day. You actually should take enough time to clean your teeth properly, than to hurry up and also obtain the job opportunity accomplished. Use fluoride toothpaste with a brush that has soft and also flexible bristles. Too hard and also stiff bristles could corrode your teeth enamel and also could make your gums bleed. Make sure, you follow the circular back and also forth motion while brushing. Always, clean the insides and also the chewing surfaces of your teeth, as most food particles stay stuck inside those little holes. This creates a fine ground for bacteria to breed, leading to various oral complications like cavities, gingivitis, plaque, etc. Change your toothbrush, every four months.

#### Flossing:

Regular flossing is another essential method of cleaning that your San Diego Cosmetic Dentist will suggest. To cleanse the gap between your teeth, flossing is essential, as brushes cannot reach those corners. Use about 16 inches of floss, wrap it round your finger and also start the operation. People with a close set of teeth will experience challenge in doing this. For them, waxed floss serves well. You actually should buy some menthol floss, with which children could have fun while flossing.

Your [San Diego Cosmetic Dentist](#) will also direct you with other tips like, gargling with antiseptic mouthwash, avoiding toothpicks, and also making use of oral irritators to wash off all those trapped food particles. This can prevent formation of plaque which later changes to tartar and also could make your gums bleed and also swell while brushing. For detailed facts on San Diego cosmetic dentist, touch us. We provide varied services on cosmetic dentistry and also all varieties on dental challenges.

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[Anxiety \(90\)](#)

[Arthritis \(23\)](#)

[Asthma \(16\)](#)

[Back Pain \(97\)](#)

[Breast Health \(4\)](#)

[Cancer \(58\)](#)

[Cankles \(2\)](#)

[Cellulite \(58\)](#)

[Child Health \(61\)](#)

[Cosmetic Surgery \(77\)](#)

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# Discovering The Correct San Diego Cosmetic Dentist Just For You

Posted by **HealthInfo** | Posted in **General Health** | Posted on 08-10-2010

For the residents living within San Diego, locating a good San Diego Cosmetic Dentist does not really have to be problematic. It is always better to go through a bit bit of searching procedure than by merely picking your first dentist out of broadly circulated San Diego Reader or via phone. Numerous contemplate it to be a good plan to base their choices of a dentist on the suggestions as well as knowledge from friends as well as family, but this reach does not often relate to victory as most cosmetic dentists are various with their reach as well as type that may or may not suit you actually.

Here in San Diego, you actually might conveniently locate a personable as well as well capable San Diego Cosmetic Dentist, who might not only offer assistance over dental cleanings but might also clean root canals, veneers as well as crowns. Generally, the dental industry is not so intricate but there are people who use deceiving tactics to complete dental services, which are not needed or sell needless products that are not requested. Keeping this facet in mind, it is always wise to inquire certain concerns in order to obtain the doctor's honesty. Always know that your health is at stake, therefore, it is perfect to maintain that extra careful attitude. Try to check as well as cross check the prospective cosmetic dentists to see if they have any claims against dental association or anyone, for that matter. In order to make a capable decision while assessing cosmetic dentists throughout San Diego, it is a good concept to be knowledgeable of the schools, dental associations as well as medical certifications that are requested to become a professional dentist.

Generally, a good **San Diego Cosmetic Dentist** is well capable as well as adept at his work. These gurus are well-qualified as well as experienced in this field. That's probably one of the factors why we see more as well as more Europeans going to San Diego to find themselves a dental checkup. Eventually, deciding your prospective dentist ultimately comes down to how comfy you actually are with the professional. Only when you actually are able to take this decision will you actually feel contented enough to find yourself checked. So, always go for a doctor, who is amiable enough to listen to all your issues patiently as well as gives you actually with genuine solutions. This will likely help both him as well as you actually in the procedure of treatment. For further enquiries on San Diego Cosmetic Dentist, please explore us at our web-site.

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# Pleural Mesothelioma Treatment Plans

Posted by **HealthInfo** | Posted in **General Health** | Posted on 07-10-2010

Pleural Mesothelioma is a form of cancer, which can be caused mainly by exposure to

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✚ Parkinson's Disease (1)

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asbestos, that strikes the various layers of the pleura throughout the chest wall membrane. Some signs include things like shortness of breath and weight reduction. Having said that, exposure to asbestos does not always cause cancer. Cures for it and why it has an effect on some individuals but not others is continuously getting explored.

X-rays will often confirm the diagnosis of Pleural Mesothelioma after which an individual is going to be referred to a medical oncologist. The oncologist should identify what stage the patient is in and also suggest treatment options. Much like other kinds of cancer there are actually several stages. Obtaining a Pleural **Mesothelioma prognosis** is difficult simply because every circumstance is influenced by the patient's individual health and stage they are in.

When just the outermost membrane of the pleura about the chest wall or diaphragm is afflicted by **Pleural Mesothelioma** it's referred to as "stage 1." With this stage the oncologist might recommend radiation therapies. If your doctor makes reference to it as "stage 1b" that could signify it could have also spread to interior layer, closer to the lung area, however still simply affecting one side within the individual's chest.

Stage 2 of Pleural Mesothelioma can mean this has spread through the two layers of the pleura and also produced a mass or tumor. With this stage the doctor may possibly recommend surgical treatment to take out the tumor and also suggest the surgery be accompanied by a series of radiation or chemotherapy treatment plans.

In the event that this has gotten to the wall membrane protecting the heart, it is viewed as "stage three." There is still the potential for surgical treatment of the afflicted tissue. Stage three may also mean the condition has spread to the lymph nodes on the one impacted side. At this stage radiation or chemotherapy may also be advised.

If it has spread to the other side in the chest wall, and/or the lymph nodes on the other side, or some other parts of the body this is viewed as "stage 4." At this stage there are too many areas affected to safely and effectively remove all of the diseased tissue through surgical procedure.

Despite the fact that in most cases the Pleural Mesothelioma prognosis is very poor, a few patients discovered with it have lived much longer than predicted. If the doctor has not been able to present traditional treatments he or she may possibly send the individual for one of several clinical trials that can be found.

Besides Mesothelioma that affects the pleura there's also other forms of cancer that strikes the cellular lining that covers many organs. Study is continuously being conducted to find new treatment options and upgrades to existing treatments. Much like most cancer, fast diagnosis is very important. Never give up hope if you or a friend is diagnosed with this disease. Continue to do your own research.

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## List Of Carbohydrate Content In Foods



 Posted by **HealthInfo** |  Posted in **Detox Your Body** |  Posted on 07-10-2010

A lot of times, when people decide to lose weight, the first thing they do is cut out carbohydrates. While carbohydrates do add up in calories, they are not all bad and in fact, are really necessary for your body to function properly. They are also the best sources for fiber. The following will provide a **list of carbohydrate** content in common starches.

When you think "carbohydrate" you probably think of pasta, rice and bread. These are good examples of carbohydrates that can be "good" or "bad." The good kinds are vital to good



health and provide good amounts of fiber. These are whole grain rices as well as pastas and breads made from whole grains. The bad varieties are those made from refined flour and refined grains like white rice.

A typical slice of white or wheat bread, mini bagel, croissant or dinner roll (all 1 ounce) contain 15 grams of carbs each. Light and low carb bread have 7-9 grams. Bigger bread products have more: hot dog and hamburger buns pack 20 grams while a bulky sandwich roll has about 30 grams. English muffins and most average size muffins also contain 30g.

One cup of cooked brown or white rice contains 45g. Spaghetti and similar pasta contain 40g while smaller pasta, like small shells, contains 30g. A cup of cooked oatmeal has 30g per serving while other cereal will vary in amounts. The range is 15-45g; check all labels for detailed info.

Even though the carb content is equal in whole grain and refined versions of the same food, they are otherwise quite different. Refined grains, those that are white, provide no value nutritionally. Nutrients, namely fiber, are destroyed in the process, leaving behind empty calories and health risks.

People who consume high amounts of “bad carbs” tend to suffer obesity, arthritis, diabetes, stroke, heart disease and Alzheimer’s disease. It is best to remove these bad carbohydrates from your diet and replace them with good carbohydrates. Your overall health will improve and you will feel better and have more energy.

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## Acquire Six Pack Quick

 Posted by [HealthInfo](#) |  Posted in [Detox Your Body](#) |  Posted on 07-10-2010

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No man would ever refuse having a six pack. Having a six pack is like the ultimate dream of any man who wants to look his prime. It is as if a boatload of hotness points have been showered on you if you ever have one. You might deny it but you can't deny the fact that reading this article alone means that you are dying to really have one yourself.

Learning how to **get six pack quick** is totally different from actually possessing a six pack. The latter part is quite challenging because you need to work hard to get it. If you long to get six pack fast, you have to learn its nature and what way it can be attained.

First and foremost, a six pack consist of abdominal muscles. Just like any other muscle in the body, you need to work these abdominal muscles in order for them to tighten and get firm. Think of bicep muscles for example. For them to become huge, lifting weights is required to be done regularly. The same method is applicable for your abdominal muscles. If what do you all day is sit around like a couch potato, then don't expect your abs to get firm and tight.

You can select from a number of effective ab routines to get your tummy working. Just make it a point that when you choose a particular regimen, it is really effective. Besides, your intention is to get six pack fast so make the most out of every repetition that you do in every exercise routine. This way, you are not wasting time, money, and effort on gym membership and gym hours and have nothing to show for it in the end.

Just like in trying to **grow chest muscles**, the main concern if you want to get six pack fast is that sweating it out in the gym is never adequate to get the results fast. The results might still not surface even if you spend so much time at the gym. This is due to the fact that your abs might not show up if there is fat covering them. So the objective is to get rid of this layer of fat in order for the muscles to show up. To accomplish that, your body's metabolic rate must be increased in order to burn fat a lot faster.

This is where proper diet comes in. A healthy balanced diet that is low in fat, and high in protein and fiber is your best partner along with your regular workout. This effective method will help your body burn fat quicker. This is one of the best effective plans to get six pack fast and finding the right blend will surely help you succeed.

The right mix of proper exercise and healthy diet is your ultimate weapon to get six pack fast. More importantly, your fitness regimen should really be intense in order to see the results a lot quicker. Be sure to do this on a regular basis and getting six pack abs will never be impossible anymore.

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## Back Pains May Be A Symptom Of A Kidney Disease



 Posted by [HealthInfo](#) |  Posted in [General Health](#) |  Posted on 07-10-2010

Dozens of possible diseases and conditions can contribute to back pain. Of course, back pain often results from an injury. Most of the time, nerve damage in the spine or injuries to the muscles, tendon and ligaments of the back are at fault. But sometimes, neither of these is the real source of your discomfort.

Your discomfort may actually be the result of a kidney problem. Kidney stones can trigger sharp, relentless pain in the lower back on either side of your spinal column (this area is often called the “flank.”)

How can you tell you’re dealing with a kidney problem and not nerve or muscle damage?

Your first clue – and one of your best – is the location of your pain. Kidney pain usually occurs between the bottom of the ribcage and the top of the hips. It is more likely to happen toward your sides – not so much near the spinal column, which is typical in cases where nerve damage has taken place.

Many times, pain from kidney disorders is described as “acute.” In other words, it comes on fast and it comes on strong.

Kidney stones are a typical cause of back pain, which occurs when they move out of the kidneys, into the ureters, and down toward the bladder. But they can also cause a blockage in the ureters, which are the slender tubes connecting the bladder and kidneys.

Another typical symptom of a kidney problem is discoloration of your urine. If it’s darker than normal, you may have a kidney or bladder issue.

When you have a kidney problem or some other disorder of the urinary tract, you’ll probably feel a need to urinate more often than usual. However, most of the time, not much urine will actually come out.

Kidney stones and kidney infections will also usually cause a burning or stinging sensation during urination too.

Kidney stones don’t always have to be removed through surgery or shock wave treatment. They sometimes pass out of the body on their own during urination. This is more likely to take place if you drink a lot of water. Back pain ends immediately when this happens.

Kidney stones, although they can cause extreme pain and discomfort, are not considered a threat to life.

But a kidney infection, left untreated, can lead to kidney damage and even kidney failure. Therefore, if you even suspect your back pain is coming from a kidney infection, it’s best to

call a doctor right away.

Are you searching for additional articles on similar subjects? Click on [kidney failure](#). Neal Kennedy is a retired radio and TV talk show host with a special interest in health and fitness topics. You can read more of his articles about [kidney disorders](#) at <http://www.kidney-problem.org>.

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## A Serious Kidney Health Threat: Chronic Kidney Failure and Its Symptoms



 Posted by [HealthInfo](#) |  Posted in [General Health](#) |  Posted on 07-10-2010

Kidney failure is a very dangerous kidney problem. It is potentially fatal. At the the very minimum, it may result in a lifetime of kidney dialysis, or a kidney transplant operation.

Symptoms of kidney failure often go unrecognized until the disease has progressed to a very dangerous stage.

A change in your body chemistry may be the first symptom that kidney failure is in progress as your electrolyte readings become abnormal. The kidneys become less efficient at eliminating water and clearing toxins, which are two of the kidneys' major roles.

Another important function of the kidneys is to aid in the production of red blood cells. As impairment increases, fewer red blood cells are produced.

The longer these problems go untreated, the more the patient is likely to experience the following symptoms of kidney failure:

- \* lethargy,
- \* a general feeling of weakness,
- \* shortness of breath (known as dyspnea to doctors),
- \* swelling in different areas.

If symptoms of kidney failure are not treated, a life-threatening situation can arise, including:

A lack of red blood cells – Muscles and tissues won't get the oxygen they need. This leads to weakness and fatigue.

Failure to excrete potassium properly – When potassium levels in the body get too high, they can cause fatal heart rhythm problems.

Metabolic acidosis – This results when your body isn't manufacturing enough bicarbonate, which causes higher than normal acid levels. The increased acidity affects oxygen and enzyme metabolism, which can result in kidney failure.

Uremia – Urea the primary solid component in urine. It is a waste chemical produced during the digestion of protein. The kidneys filter urea from our blood and it leaves the body in our urine. When urea levels rise, certain muscle, heart and brain functions may be compromised, leading to the following symptoms of kidney failure:

- \* lack of interest in food
- \* low energy, even high levels of fatigue,
- \* decreased mental function and ability to think clearly.

At this stage, kidney function has been so compromised that the patient may slip into a

coma.

At this stage of kidney failure, your body has to fight off numerous challenges. Excess fluid builds up and causes increased blood pressure. The risk of congestive heart failure also rises dramatically. Breathing becomes extremely rapid as the body fights to get enough oxygen.

For the patient to survive at this point, medical intervention is critical.

To get additional information on subjects related to this article, click on [\*\*Symptoms of Kidney Failure\*\*](#). George McKenzie is a retired TV anchor, medical reporter and radio talk show host. He has a special interest in kidney-related issues, and is a frequent contributor to [\*\*Kidney Problems\*\*](#), a resource website about kidney health and wellness.

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## Bodybuilding Program



 Posted by [HealthInfo](#) |  Posted in [Detox Your Body](#) |  Posted on 06-10-2010

When choosing a bodybuilding program that will work for you, the biggest thing you should consider is how it will fit in with your lifestyle. Also, you might first want to start with small goals that you will be able to achieve. If you're aiming to grow Hulk Hogan's muscles in a few months time, then you can be pretty sure that's not gonna happen.

It's not a secret that we should all get on a good body building program. But it's not always that easy. It's our goal to give you the inspiration and tools to keep you excited about working out for your whole life.

If you want more information about finding a good [\*\*beginner bodybuilding program\*\*](#), then I think that you can really benefit from following the workout system laid out in this musclebuilding ebook that in my opinion will blow you away.

#### Bodybuilding Workout:

Monday: Chest and Back

Tuesday: Work on your Arms and Shoulders

Wednesday: Work on your Legs and Abs

Thursday: Chest and Back

Friday: Arms and Shoulders

Saturday: Work on your Legs and Stomach

Bodybuilding programs that you will find useful should involve not just exercises but also your diet, stretching, motivation and other changes in your lifestyle. Keep in mind that sacrifices are essential for you to be able to build 40 pounds of pure muscle. Be aware that to perfectly adapt the program, your lifestyle will be changed immensely.

When it comes to the bodybuilding program itself, you have so many to choose from. Since there are so many bodybuilding choices (tapes, DVD's etc.), you might find it hard to choose, but if you really want to get the best results then I suggest you go for Ebooks. Not only are they cheaper, but they can also provide more information than your average bodybuilding program such as DVD's and tapes. When looking for the best bodybuilding programs, your best bet would be reading up on our reviews to see which program is right for your body type.



I know lots of people that want to know what is the **best workout program** for their particular body type. Not everybody is the same and each body responds differently to exercising the muscles in the gym. That's why it's important for you to understand how your body works and what your goals are.

To get good results, you must have a continuous flow of motivation and support meaning this would be the most important thing you should look for in your bodybuilding program. You might also want to look for one that offers a 60 day money back guarantee. If they are confident in their product they will offer this. Compared to hiring a trainer, getting yourself an Ebook would not only teach you more about bodybuilding but would also provide you results that are a hundred times better than a personal trainer. Remember that exercises and diets are not everything a bodybuilding program is about, instead it's something that will completely impact your lifestyle.

If making a total change in your life is your goal I highly recommend checking out my Muscle Gain Truth Review or my Tom Venuto Review.

This is a great workout guide for you to discover **a workout to build muscle** that can give results in a relatively short amount of time. If you're serious about adding solid muscle in ways you have never thought about, you'll definitely want to checkout this unique way of getting in shape fast.

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## Precautions For Dental Infections

 Posted by **HealthInfo** |  Posted in **Detox Your Body** |  Posted on 06-10-2010

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Due to imperfect infection control techniques a dentist infected with HIV was charged for the apparent transmittal of the virus to his patients but new studies found evidence contradicting this claim. There are so many differences that set this case apart from a similar case that happened earlier involving another HIV positive dentist who indeed caused his patients to contract the virus.

The new study by the federal centers for disease control and this state's health department used DNA sequencing to isolate the strain of HIV carried by the unidentified dentist. Zero similarities were found with regard to the HIV DNA that affected the dentist and the strain that his patients carried. Help on **braces sydney** is easy to get.

The poor maintenance of dental implements did not do anything to cause the virus to

spread and patients were also informed that they probably contracted HIV from external sources separate from the dental clinic. Conclusions from the studies can give people new perceptions regarding the case. Virus transfers from dentists to their patients are low in risk and by it being low risk physicians should be free from mandatory health assessment exams.

Six patients were infected before the first dentist passed away and one of these patients saw to it that mandatory testing will be given to physicians to prevent more cases like this from happening. The second dentist has practiced for nearly 30 years and has served a primarily indigent population with a high rate of reported AIDS cases. A hospice was the last place the dentist stayed in as he lost his battle with HIV.

During the last five years that he treated patients he served quite a number of people and 19% of them got tested for HIV with 24 contracting the virus. Four discovered their HIV problem through means other than testing. 24 from all 28 HIV positive patients came out to have potential behavioral risks and this information came from the studies that were conducted. Even with DNA sequencing nothing has been found to support the claim that the strain of HIV from the dentist is the same strain that affected his patients. Detailed [clear braces sydney](#) resources can be found there.

The absence of any similarities among the tested HIV strains strengthens the impossibility of having the dentist as the transmitter. Every patient and the dentist himself were found to have carried a different strain of HIV further disputing the claims stating a single source of infection. Possible sources still included dental implements which could have been contaminated thus causing the infections.

Coming from those who know AIDS well the new research may help suppress the fears people developed for dental services stemming from a patient's death. According to the director of the HIV sequence database and analysis project, there might be a sort of momentary message that reinforces the good news that's been coming out of the center for disease control. For the quasi governmental organization that functions to inform people of different HIV strains there is no way to prevent a similar case from happening again especially if HIV continues to spread rapidly. A campaign for safe practices was developed by the American dental profession and research like this one will definitely support their efforts.

A lot of changes have been happening in the dental field with the case finally being closed and with more efforts to implement infection control procedures. One lawyer who worked with the AIDS victim disagrees with the possibility of mandatory testing to be removed as he says that patients do not deserve to be exposed to potential health risks from their physicians. Exposing these patients to such a risk is not only the fault of the dentist who transmitted the virus but much of the blame should also be placed on public health services as they did not act to secure these people.

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